

# Additional qualification: „Multipliers for intercultural psychiatric work”

---

## Project description

### Background:

Psychiatric care structures are facing major challenges due to the migration movements associated with globalization. An increasing amount of people using these structures have a migrant background in proportion to their percentage of the total population. The omnipresent problems of integration experienced by users of psychiatry are reinforced by migration-related barriers to integration.

According to the Federal Office for Migration and Refugees, the situation is especially dramatic for the 1.5 million people from civil war regions who have come to Germany since January 2014. Related to ratings of the Federal Psychotherapeutic Chamber, over 50% of the refugees are suffering from significant psychological symptoms. Besides widespread trauma disorders, there are also other mental disorders, such as addictions or psychosis, which have not been treated before, during and after the escape. It is predicted that this clientele will change the psychiatric care system sustainably. The system, so far, is not sufficiently prepared for these changes.

Due to the increasing amount of patients with a migrant background the need to provide intercultural skills to staff of all professionals working in psychiatry has gained new urgency through the developments just described.

### Goal

Due to the support and development of intercultural competence, employees working in the psychiatric care structures will be enabled to interact more successfully and more appropriately with users with a migration background, especially with the particularly vulnerable group of refugees.

### Approach

Psychiatric work relies especially to a well functioning inter professionally teamwork, because it is focused on the person of the patient referring to her/his experience, everyday activities and psychosocial relations. The basis for meaningful interventions is the ability of professionals to understand the individual of the patient. A differentiated understanding requires the inclusion of as many different perspectives as possible. This becomes all the more urgent the more the patient is perceived as foreign due to the lack of a shared cultural background or a common language.

With the additional qualification „multipliers for intercultural psychiatric work”, we want to give employees in psychiatry the opportunity to expand their intercultural skills in inter professionally setting and to enable them to convey the acquired knowledge and skills in their institutions. The course provide culturally sensitive expertise and includes additionally training sessions with many hands-on exercises in which learners acquire skills dealing with unfamiliar and intercultural issues, complex situations as well as testing the inter-professional coordination of procedures.

The setting enables the development of trust building in the group and thus provides conditions to handle conflict-based experiences of the participants. By means of role plays and presentations of the group work results, the participants are prepared to pass on the acquired competencies in short trainings given by themselves. Where the conditions of the sending institutions allow, these events should be conducted by inter professionally tandem teaching teams.

### **Target groups**

The target groups are employees from professional teams involved in the immediate psychiatric care in our companies: doctors, psychologists, psychotherapists, social workers, occupational therapists, caretakers.

Dr. Angelika Pillen

Institut für Fort- und Weiterbildung der Alexianer

Krausnickstr. 12a

10115 Berlin

Mail: [a.pillen@alexianer.de](mailto:a.pillen@alexianer.de)

Tel.: 0049 / 30 / 400 372 530